



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01134, Egg, whole, dried, stabilized, glucose reduced

Report Date: July 09, 2017 12:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Proximates						
Water	g	1.87	14	0.099	1.59	0.09
Energy	kcal	615	--	--	523	31
Energy	kJ	2574	--	--	2188	129
Protein	g	48.17	--	--	40.94	2.41
Total lipid (fat)	g	43.95	--	--	37.36	2.20
Ash	g	3.63	--	--	3.09	0.18
Carbohydrate, by difference	g	2.38	--	--	2.02	0.12
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	222	--	--	189	11
Iron, Fe	mg	8.28	--	--	7.04	0.41
Magnesium, Mg	mg	49	--	--	42	2
Phosphorus, P	mg	715	--	--	608	36
Potassium, K	mg	515	--	--	438	26
Sodium, Na	mg	548	--	--	466	27
Zinc, Zn	mg	5.71	--	--	4.85	0.29
Copper, Cu	mg	0.270	--	--	0.230	0.014
Manganese, Mn	mg	0.150	--	--	0.128	0.007
Selenium, Se	µg	121.1	--	--	102.9	6.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.325	--	--	0.276	0.016

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Riboflavin	mg	1.232	--	--	1.047	0.062
Niacin	mg	0.259	--	--	0.220	0.013
Pantothenic acid	mg	6.710	--	--	5.704	0.335
Vitamin B-6	mg	0.420	--	--	0.357	0.021
Folate, total	µg	193	--	--	164	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	193	--	--	164	10
Folate, DFE	µg	193	--	--	164	10
Vitamin B-12	µg	10.51	--	--	8.93	0.53
Vitamin A, RAE	µg	616	--	--	524	31
Retinol	µg	616	--	--	524	31
Vitamin A, IU	IU	2050	--	--	1742	102
Lipids						
Fatty acids, total saturated	g	13.198	--	--	11.218	0.660
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.120	42	--	0.102	0.006
16:0	g	9.703	69	--	8.248	0.485
18:0	g	3.374	69	--	2.868	0.169
Fatty acids, total monounsaturated	g	17.564	--	--	14.929	0.878
16:1 undifferentiated	g	1.463	69	--	1.244	0.073
18:1 undifferentiated	g	16.102	69	--	13.687	0.805
Fatty acids, total polyunsaturated	g	5.713	--	--	4.856	0.286
18:2 undifferentiated	g	4.881	69	--	4.149	0.244
18:3 undifferentiated	g	0.124	32	--	0.105	0.006
20:4 undifferentiated	g	0.368	47	--	0.313	0.018
Cholesterol	mg	2017	--	--	1714	101
Amino Acids						
Tryptophan	g	0.771	--	--	0.655	0.039
Threonine	g	2.366	--	--	2.011	0.118

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Isoleucine	g	3.014	--	--	2.562	0.151
Leucine	g	4.231	--	--	3.596	0.212
Lysine	g	3.252	--	--	2.764	0.163
Methionine	g	1.557	--	--	1.323	0.078
Cystine	g	1.148	--	--	0.976	0.057
Phenylalanine	g	2.721	--	--	2.313	0.136
Tyrosine	g	2.004	--	--	1.703	0.100
Valine	g	3.468	--	--	2.948	0.173
Arginine	g	3.083	--	--	2.621	0.154
Histidine	g	1.164	--	--	0.989	0.058
Alanine	g	2.813	--	--	2.391	0.141
Aspartic acid	g	4.778	--	--	4.061	0.239
Glutamic acid	g	6.135	--	--	5.215	0.307
Glycine	g	1.603	--	--	1.363	0.080
Proline	g	1.911	--	--	1.624	0.096
Serine	g	3.661	--	--	3.112	0.183
Other						